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Wool Carpets  
to close out odd patterns and clean  
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Corner Main and Danforth Sts.,  
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Scientific American.  
A household illustrated weekly. Largest cir-  
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BUSINESS EDUCATION  
has made thousands of young people  
SUCCESSFUL!  
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Why belong to the latter class when a few  
months' study will place you in the former?  
Our catalogue will place you in the former.  
F. L. SHAW, Pres.

Early Risers  
The famous little pills.

CAUSE OF RHEUMATISM  
An eminent physician says: "That rheumatism is the direct result of improper eating and  
drinking, and that the whole system is deranged by the use of food and drink which are  
not adapted to the system. A diet consisting of milk and cereals will cure the  
most acute form of rheumatism, while those who live mainly on animal foods, cannot escape it."

DR. PRICE'S  
WHEAT FLAKE CELERY  
FOOD  
Is rich in potassium and sodium, which are the essentials of the diet of persons with Rheu-  
matical diseases. The whole wheat-celery being used, the food becomes a regulator of the  
bowels, while the celery acts as a nerve tonic.

Palatable—Nutritious—Easy of Digestion and Ready to Eat  
My signature on every package.

Dr. Price, the creator of Dr. Price's Cream Baking Powder and Delicious Flavoring Extracts.  
A cook book containing 75 excellent recipes for the food mailed free to any address.

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WOOD ASHES FOR SALE  
In any quantity desired.

CAR LOAD LOTS A SPECIALTY.  
For Price and Particulars address,  
SIMON STAHL,  
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BERLIN AND GORHAM, - N. H.

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Cooking-Ranges  
HAVE WON THE LEAD BECAUSE OF  
Tens-Tens-Damper (patented) which prevents the dif-  
ficulties of two-damper ranges;  
Extra Hot Oven with asbestos-lined back and heat-  
savings cup-joint flues;  
Improved Lock-Ash Grate, which makes a better fire  
and saves fuel;  
Removable Nickel Rails, which save half the trouble  
of blacking;  
Together with the Shimmering Cover, extra large Ash Pan, etc., etc.  
If there is no agent in your town we will send a  
"Crawford" on 30 days' trial.

WALKER & PRATT MFG. CO., 31-35 Union Street, Boston, Mass.

Couldn't Lift Ten Pounds.  
Doan's Kidney Pills Brought Strength  
and Health to the Sufferer. Mak-  
ing Him Feel Twenty-Five  
Years Younger.

Sick kidneys cause a weak, lame  
back, and a weak back makes  
a weak man. Can't be well and strong  
until the kidneys are cured. Treat them  
with Doan's Kidney Pills. Here's the  
testimony of one man cured.

J. B. Corton,  
farmer and lum-  
berman, of  
Depe, N. O.,  
says "I suffer-  
ed for years  
with my back.  
It was so bad  
that I could  
not walk any  
distance nor  
even ride in  
my buggy. I  
do not believe  
I could have raised ten pounds of weight  
from the ground, the pain was so severe.  
This was my condition when I began us-  
ing Doan's Kidney Pills. They quickly  
relieved me and now I am never troubled  
as I was. My back is strong and I can  
walk or ride a long distance and feel just  
as strong as I did twenty-five years ago.  
I think so much of Doan's Kidney Pills  
that I have given a supply of the remedy  
to some of my neighbors and they have  
also found good results. If you can sit  
anything from this rambling note, you will  
be of any service to me, or to any  
one suffering from kidney trouble, you  
are at liberty to do so."

A FREE TRIAL of this great kidney  
medicine will be sent to any part of the  
United States. Address: Foster-McMillan  
Co., Buffalo, N. Y. Sold by all dealers;  
price, fifty cents per box.

Early Risers  
THE FAMOUS LITTLE PILLS.  
For quick relief from Biliousness,  
Sick Headache, Torpid Liver, Jaun-  
dice, Dizziness, and all troubles arising  
from an inactive or sluggish liver.  
DeWitt's Little Early Risers are un-  
equalled.  
They act promptly and never gripe.  
They are so dainty that it is a pleasure  
to take them. One to two acts as a  
mild laxative; two or four act as a  
pleasant and effective cathartic. They  
are purely vegetable and absolutely  
harmless. They tonic the liver.

PREPARED BY  
E. C. DeWitt & Co., Chicago

Sold by F. A. Shurtliff & Co.

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Maine Register,  
- A COMPLETE -  
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- OF THE -  
485 towns and 20 cities  
IN MAINE.  
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A Progressive History  
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GRENVILLE M. DONHAM  
Publisher,  
390 Congress St., opp. City Building,  
PORTLAND, MAINE.

CONSTANTLY IN STOCK FOR SALE.  
New Hampshire and Vermont Registers (paper),  
Massachusetts Year Book, enlarged edition,  
\$2.00.  
New England Directory, price \$7.50.

J. WALDO NASH,  
Licensed Taxidermist,  
MASONIC BLOCK,  
Telephone Connection. NORWAY.

THE PUZZLER

No. 297—Double Riddlemeers.  
First is in cherry, but not in vine;  
Second in oak, but not in pine;  
Third in art, but not in hand;  
Fourth in sea, but not in land;  
Fifth in public, but not in private;  
Whole are two useful animals.

No. 298—Illustrated Riddle.  
Good advice.

No. 299—Terminations.  
1.—Three words in which the last five  
letters are the same: 1. To make a  
great mistake; to founder about; an error.  
2. A natural phenomenon. 3. To  
separate, to divide, to part.

No. 300—The same.  
1.—Three words in which the last  
three letters are the same: 1. Bright-  
ness, splendor and magnificence. 2. A  
narrative, a fiction, a false statement.  
3. A lover of the established order of  
things.

No. 301—Charade.  
My first is a public notice. My second  
is a girl's name. My whole is a  
tropical fruit.

No. 302—Progressive Enigma.  
The little 1-2-3-4-5-6-7-8. We found  
it much 1-2-3-4-5-6-7-8 by the catastro-  
phe.

No. 303—Ships.  
Brave ships there are a-sailing;  
One stretches over miles;  
One's found in church on Sunday;  
One's full of love's wiles.

No. 304—Word Squares.  
1.—1. A creature with long ears, a  
short tail and soft hair. 2. So be it. 3.  
To tear, to split. 4. Conclusions.

No. 305—Anagrams.  
Oh, gray pig—A description of the  
earth and of its several countries.  
Bear cell—An ornament worn by ladies.  
Evil toad—A joint in woodwork.

No. 306—Sliced Words.  
Slice a shooting star into to measure  
and either.  
Slice a whim into a head covering  
and an edible treat.  
Slice one who escorts you to a seat in  
church into two personal pronouns.

No. 307—The same.  
A washerwoman applied for help to  
a gentleman, who gave her a note to  
the manager of a certain club. It read  
as follows:  
Dear Mr. X.—This woman wants wash-  
ing.  
Very shortly the answer came back.  
Dear Sir—I dare say she does, but I  
don't fancy the job.

No. 308—The same.  
If you are so fortunate  
to have a choice of rooms for your patient, select  
one that is well-lighted, having at least  
two windows admitting sunshine part of  
the day, and a bath and toilet room.  
The light should be directly in the patient's eyes.  
Sunshine is death to certain germs,  
therefore a potent factor for good, hav-  
ing an actual heating effect, while dark-  
ness or even a dim light is conducive to  
sadness and depression. The best-planned  
hospital wards are usually brightly  
lighted. If and have no other means of  
illumination, however, and the one you must  
use has only one window, and that near  
the bed, it cannot be opened without the  
patient's feeling draught. To obviate  
this difficulty, turn the bed so that the  
window will be at the side, and use a  
screen to shelter the patient. If there is  
no convenient screen at hand, improvise  
one by tacking dark cloth over clothes  
bars.

No. 309—The same.  
In regard to ventilation, the rule for  
health is 1,000 cubic feet of air for one  
person. A room 8 feet high with 10 feet  
by 12 feet floor space gives 1000 cubic  
feet of air. A room occupied by nurse  
and patient should contain 2,000 cubic  
feet of air. A grate-fire is a great aid to  
ventilation. To prove this, hold a feather-  
or a handkerchief in front of the grate,  
and note how strong a current of air  
it wafts it toward the chimney. It is  
a wise precaution to keep a grate-fire  
going constantly, unless it makes the  
room absolutely too warm.

No. 310—The same.  
If you have double windows, keep the outer window  
open all the time by means of a swinging  
pane or slide in the sash and open the  
inner window part way. If there are no  
double windows, get a window board  
which fits closely between the bottom  
sash and the casing, and which can be  
partially raised. By thus permitting the  
outer air to enter between the upper and  
lower sash, you have a continuous sup-  
ply of fresh air flowing out the foot  
of the bed. In summer keep the window open  
all the time. No system of ventilation  
is perfect, however, and to keep the air  
in a sick-room cool and pure is in-  
deed a difficult problem. Therefore, air  
the room twice a day thoroughly,  
covering the patient well with extra  
bedding, and endeavoring to keep the win-  
dow as well as necessary. Especially in  
the case of the lungs is pure air most  
necessary.

No. 311—The same.  
To the novice in nursing, changing  
the night dress or the sheets of a bed-  
ridden patient without undue fatigue for  
the latter often presents difficulties  
which can be easily overcome for the rea-  
son that a person too ill to sit up is sel-  
dom so weak or feeble that she cannot be  
of some assistance in making the  
necessary changes, if properly directed.  
To remove the night dress, let the nurse  
draw it up about the patient's waist,  
take the left arm out of the sleeve, then  
draw the right arm up over the head,  
removing the right sleeve last. Next  
open the fresh night-dress, lay it across  
the patient's chest, putting both arms  
through the sleeves before drawing it  
over the head. Let the sick person raise  
herself at the hips, so that the gown can  
be drawn down smoothly to the feet.  
In order to change the lower sheet, keep  
the patient covered with the upper sheet  
and blanket, and turn her so that she  
lies on the left side of the bed. If the  
sheet of the bed lay the fresh sheet, folded  
lengthwise along the right half of the  
bed. Roll the patient gently over on to  
the fresh sheet, so that the right side of  
the bed is under the patient. Draw the soiled  
sheet out from under the patient, at the  
same time drawing the other half of the fresh  
sheet over the left side of the bed. It is  
most essential for the comfort of the  
invalid to have sheets large enough to  
tuck in under the four sides of the mat-  
tress, in order to keep them smooth.

No. 312—The same.  
To change the upper sheet and blankets, re-  
move the white counterpane, lay the  
fresh sheet over the blanket, and draw  
the blanket over the sheet. Have the  
patient hold fast to the upper edge of  
both fresh sheet and blanket. Draw the  
soiled sheet and blanket out from under  
the patient, and tuck the fresh sheet and  
blanket under the mattress. In changing pillow-  
cases, remove the pillow one at a time.  
In order to assist the patient in raising  
her head, let her place her arms about  
her nurse's neck.

No. 313—The same.  
From indigestion, sores, pimples, kidney  
and liver troubles, constipation, indig-  
estion, use Hollister's Rocky Mountain  
Tea. Carries new life to every part of  
the body. Tea or tablet form. 35 cents.  
Orin Stevens & F. A. Shurtliff & Co.

No. 314—The same.  
The Quantity He Wanted—An Irish-  
man, meeting another one holiday, in-  
vited him to the nearest saloon to have a  
drink.  
"What'll ye have, Jim?" said the host.  
"I don't know. What are ye going to  
take?"  
"I think I'll take a pale ale," said the  
guest.  
"All right," said the other, "give me  
a pale ale."

No. 315—The same.  
For eruptions, sores, pimples, kidney  
and liver troubles, constipation, indig-  
estion, use Hollister's Rocky Mountain  
Tea. Carries new life to every part of  
the body. Tea or tablet form. 35 cents.  
Orin Stevens & F. A. Shurtliff & Co.

HOMEMAKERS' COLUMN  
Hints on Home Nursing.

When some loved one of the house-  
hold is stricken with disease, it some-  
times happens that the young wife or  
mother herself, ignorant of the com-  
monest principles and simplest rules  
of nursing, and for want of this knowl-  
edge is overwhelmed with discourag-  
ement, feeling herself almost a failure  
in the sick room. Instead of the minis-  
tering angel whom she fondly imagined  
herself to be, she discovers, to her  
regret, that she is a mere bystander.  
It seems only to irritate, and that her kind-  
ly intentions are a hindrance rather  
than a help to her patient. The sick  
room is so constantly quoted as the  
place where woman reigns supreme, and  
the field of nursing is supposed to be so  
indisputably hers, that perhaps it is  
only natural that a young woman should  
feel for granted that she will know by  
instinct just what to do when the hour  
of trial comes. Instead of this, however,  
she may learn by bitter ex-  
perience, but a poor start to lean upon  
in guiding one's dear ones along the road  
to recovery.

Unless the patient is critically ill, re-  
quiring the services of a trained nurse,  
the earnest-minded woman who has en-  
deavored to fit herself by study and ex-  
perience for the task of home nursing  
finds to her joy that the observa-  
tion of these rules, combined with tact  
and sympathy, will frequently insure the  
most unhappy state of affairs. That  
love leads a charm to every word and  
act in the sick-room seems indeed a tri-  
umphant remark, but in addition to that  
which is the mainspring of sympathy,  
the caretaker must possess both calm-  
ness and self-control. How to anticipate  
the patient's wants, how to move about  
noiselessly, how to change the bed-linen  
with as little disturbance as possible, are  
matters which are only learned by ex-  
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